



Fall 2023

# UPPER SOUTHAMPTON *Township*

Official Township Newsletter

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## Welcome to Our Fall 2023 Newsletter

### *Dear Residents and Friends*

Upper Southampton Township is pleased to present our Fall 2023 Township newsletter. This publication provides you with information on municipal services and officials, contact numbers for municipal offices and other agencies, and updates on current projects being undertaken within Upper Southampton Township.

We extend a special thanks to the businesses and professional members of our community whose support through advertising has made publication of this newsletter possible. Please support the local businesses that support Upper Southampton Township.

We would like to take this opportunity to encourage all residents of Upper Southampton Township to contact the municipal offices for any assistance you may need. Community service is a priority of the Township. We strive to do our best to make this community better for all our residents.



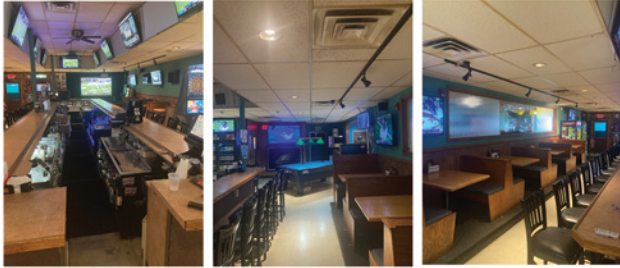
**939 Street Road,  
Southampton, PA 18966**

**Phone: (215) 322-9700  
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## About Upper Southampton Township

Upper Southampton Township is a second class township of the Commonwealth of Pennsylvania. It is governed by a Board of Supervisors consisting of five elected members who serve six-year terms.

This five-member board appoints a manager to oversee the daily operation of government. The supervisors enact, by majority vote, ordinances and resolutions, levy taxes, approve land development plans, approve all expenditures and budgets, approve the hiring and/or termination of all township employees, and make appointments to advisory boards, committees, and commissions which serve the township.

### BOARD OF SUPERVISORS

Thomas A. McCullough, *Chairperson*  
 Raymond M. Grossmuller, *Vice Chairperson*  
 Stephen A. Wallin, *Secretary/Treasurer*  
 Margaret M. Hoeger, *Asst. Secretary/Treasurer*  
 Keith E. Froggatt, Sr., *Member*

The Board meets for regular public meetings the Second Tuesday of each month at 6:30PM in the Southampton Free Library, Lower Level Meeting Room, 947 Street Road, Southampton.

## FEMA Flood Hazard Areas – Flood Insurance – Zoning and Building Permits

Upper Southampton Township has many waterways including Mill Creek, Little Mill Creek, Southampton Creek and unnamed tributaries. On occasion, these waterways overflow their banks and flood properties. Certain waterways areas are regulated by the Pennsylvania Department of Environmental Protection and the Federal Emergency Management Agency (FEMA). FEMA establishes floodplains and Flood Hazard Areas and regulates these areas. These regulations are designed to protect communities from flooding and resultant hardships and losses.



The Township participates in the National Flood Insurance Program (NFIP). This allows its residents who use NFIP for flood insurance to receive the lower premiums. In order to participate in the NFIP program, the Township enacted and enforces minimum regulatory standards imposed by FEMA for Flood Hazard Areas.

In these areas, improvements such as buildings, sheds, fences and other structures may be prohibited or allowed but only in strict accordance with FEMA guidelines and regulations. Upon the filing of the Application for Zoning and Building Permit, the Township reviews the property and proposed improvement(s) for compliance with FEMA guidelines and regulations. Any proposed improvement in a Flood Hazard Area must strictly comply with all FEMA guidelines and regulations. Information on whether a property is in a Flood Hazard Area is available at <https://msc.fema.gov/> and <https://msc.fema.gov/nfhl>. Floodplain Regulations, including requirements and standards for improvements, are established in the Upper Southampton Zoning Ordinance and are available on the township website. ***Please contact the Township Licenses and Inspections Department for any needed assistance.***

## TOWNSHIP FACILITIES

### Township Municipal Building

939 Street Road  
 Southampton, PA 18966

### Southampton Free Library

947 Street Road  
 Southampton, PA 18966

### Schaefer Field

Gravel Hill Road, near Industrial Blvd  
 Southampton, PA 18966  
 Facilities: baseball fields, softball fields, soccer fields, snack bar

### Veterans Field

400 Street Road  
 Southampton, PA 18966  
 Facilities: soccer fields, playground, snack bar, walking path

### Community Center & Recreation Office

913 Willow Street  
 Southampton, PA 18966  
 Facilities: baseball fields, basketball courts, walking path, playground, tennis court, gymnasium, football field, office, meeting room, snack bar

### Tamanend Park

1255 Second Street Pike  
 Southampton, PA 18966  
 Facilities: softball fields, Lion's Grove stage, snack bar, tennis courts, sand volleyball court, trails, playground, horseshoe pit, disc golf course, gaga court, bocce ball court, pavilions, fireplace, Carriage House, Farmhouse

### Newtown Rails to Trails

A two and half mile walking and biking trail from Bristol Road to County Line Road



## DEPARTMENT OF EMERGENCY MANAGEMENT

### STORMWATER MANAGEMENT

#### THREE THINGS YOU SHOULD KNOW ABOUT STORMWATER RUNOFF



#### 1. Stormwater runoff can cause a number of environmental problems:

- Fast-moving stormwater runoff can erode stream banks, damaging miles of aquatic habitat.
- Stormwater runoff can push excess nutrients from fertilizers, pet waste and other sources into rivers and streams. Nutrients can fuel the growth of algae blooms that create low-oxygen dead zones that suffocate marine life.
- Stormwater runoff can push excess sediment into rivers and streams. Sediment can block sunlight from reaching underwater grasses and suffocate shellfish.
- Stormwater runoff can push pesticides, leaking fuel or motor oil and other chemical contaminants into rivers and streams. Chemical contaminants can harm the health of humans and wildlife.
- Stormwater runoff can also lead to flooding.

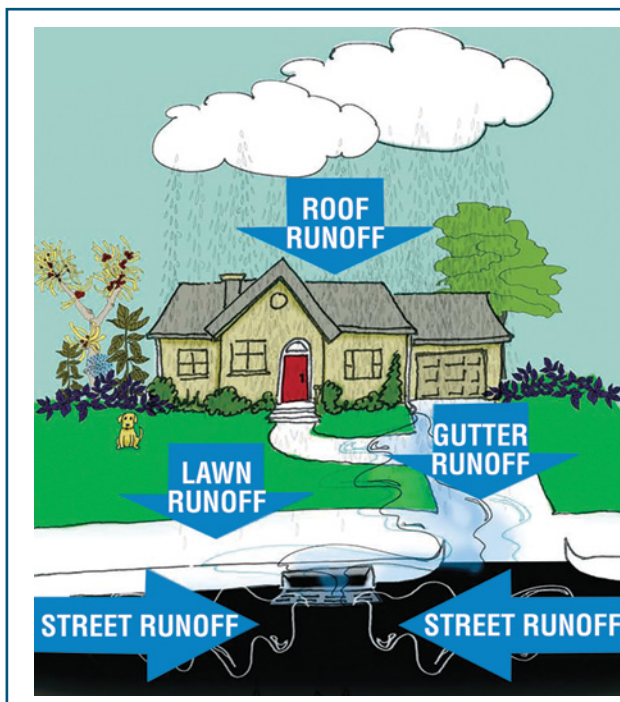
#### 2. What happens to a drop of rain when it falls onto the ground?

- It may land on a tree and evaporate;
- it may land on a field and soak into the soil; or
- it may land on a rooftop, driveway or road and travel down the street into a storm drain or stream.

Precipitation in an urban or suburban area that does not evaporate or soak into the ground but instead runs across the land and into the nearest waterway is considered stormwater runoff. Increased development across the watershed has made stormwater runoff (also called polluted runoff) the fastest growing source of pollution.

#### 3. How You can Minimize Runoff

- Minimize impervious surfaces on your property.
- Line impervious surfaces with gravel trenches.
- Install rain barrels to collect water that drains off your roof to irrigate landscape beds and lawns.
- Replace lawn areas with native plants.
- Add organic matter to your soil.
- Don't leave soil exposed.
- Plant trees and preserve existing ones.
- Don't create runoff when washing your car.
- Create a rain garden.
- Reduce the slope of your yard.
- Install berms and vegetated swales.



### Stormwater Management for Homeowners

Stormwater runoff travels from your yard to local streams, creeks and rivers.



## Snow Emergency Parking Restriction Reminder



As winter approaches, the Township would like to remind residents of the parking restrictions during “Declared Snow Emergencies.” Although not every snowfall requires a Snow Emergency Declaration, there are storms that produce significant snow accumulation hindering the movement of traffic to the extent that it is necessary for the Township to declare a “Snow Emergency.”

Once a Snow Emergency is declared, residents are required to remove all vehicles from all Township streets during the snow emergency. Information on the existence of a snow emergency will be given through the Township website at [www.ustwp.org](http://www.ustwp.org), the Township Facebook page, radio stations,

newspapers, and other available media. Residents are asked to check this media during fall to keep up with current information.

Parking is prohibited on snow emergency routes during a declared snow emergency. All streets in the Township of Upper Southampton are designated as snow emergency routes. After a snow emergency is declared, it shall be unlawful, at any time during the continuance of the snow emergency, for any person to park a motor vehicle or to allow that vehicle to remain parked anywhere on any Township street. The police department is authorized to issue parking citations and remove vehicles parked on any Township street during a snow emergency.

The Upper Southampton Snow and Ice Emergency Parking Ordinance 174-34 is the following: After any snow emergency is declared, it shall be unlawful, at any time during the continuance of the snow emergency, for any person to park a motor vehicle or to allow that vehicle to remain parked anywhere on any street within the Township. **Vehicles found parked on any Township roadway during the snow emergency are subject to a \$300.00 fine and towing of the vehicle.**

*Thank you for your cooperation.*

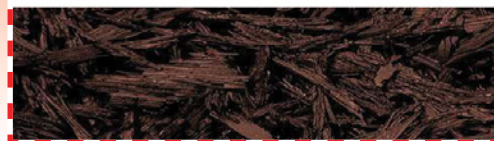


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## TRASH COLLECTION SCHEDULE

**Collection days are ONCE A WEEK**



### Important Trash, Bulk, Yard Waste & Recycling Collection

- **TRASH COLLECTION: one (1) time per week collected FRIDAY**
- **BULK ITEM COLLECTION: one (1) time per week collected FRIDAY**
- **RECYCLING COLLECTION: one (1) time per week collected FRIDAY**
- **YARD WASTE COLLECTION: one (1) time per week collected MONDAY (APRIL - DEC. 15)**

#### Trash and Recycling Collection

Trash and recycling will be collected once a week on Friday. Residential trash must be placed in a suitable container with a tight fitting lid and handles, is watertight and animal proof, and is able to be carried easily by the collector. Containers shall not be less than 20 gallons or more than 35 gallons in capacity, and weigh less than 50 pounds when full. Each household is limited to twelve (12) bags or cans of trash per collection. **There is a 50 lb limit per container.** Collection starts at 6 am, so put trash and recycling to the curb the night before, or plan accordingly. Use plastic or metal trash cans or plastic trash bags. All trash must be bagged, do not put out trash in paper bags, cardboard boxes, or containers smaller than 20 gallons. In addition, from December 16th to March 31st yard waste can be collected with regular household trash up to 5 bag or can limit. **No construction or demolition waste accepted.**

#### No Electronic Waste

Televisions, desktop or laptop computers and their components are no longer accepted for regular or bulk Item collections. These items must be taken to an electronics recycling event for disposal or check the Township's website [www.ustwp.org](http://www.ustwp.org).

#### Bulk Item Collection (Included in regular collection)

All residents may place one ( 1 ) bulk item curbside for collection per week on collection day. Accepted bulk items include: furniture, microwaves, pool heaters, water softeners can be placed curbside with regular trash. All nonfreon white items appliances are included as bulk. These items are portable electric heaters, humidifiers, dishwashers, washers, dryers, water heaters. **Tree limbs or trunks no larger than 3" in diameter (cannot be longer than 36")**. Carpets and padding must be cut into 3-foot widths, rolled, tied, or taped. Limit to ten (10) rolls of carpet/padding per pick up. Windows, mirrors, glass panels in doors, etc., must be taped in a crisscross pattern to prevent breakage. **Mattresses and box springs must be wrapped in plastic before disposal are considered one bulk item.**

#### SPECIAL COLLECTION {ADDITIONAL FEE}

Large Bulk Items/Freon Appliances Collection **Larger items and appliances that contain freon should be scheduled for special collection. Items include, piano, household furnace. Appliances containing Freon or CFCs such as refrigerators, freezers, dehumidifiers and air conditioners and other cooling units** require advanced notification before removal. To schedule a special collection you must call 1-800-432-1616. There is a \$50 charge per item.

#### Leaf and Yard Waste Collection

Yard waste is collected on Mondays during the yard waste collection program, which runs from **April 1 to December 15 and the third Monday in January**. There is no limit on the amount of yard waste collected. If a holiday occurs on Monday, yard waste will be collected on Tuesday. Always use biodegradable, 30-gallon paper bags or trash containers that do not weigh more than 50 pounds when full. **Yard waste in plastic bags will not be collected.** Tree branches and shrubbery must be no more than 36 inches long and less than 3 inches in diameter. They must be bundled and tied, taped or put in biodegradable bags. Branches or shrubbery cannot extend over the top of the can or bag. **WEIGHT LIMIT OF 50 POUNDS PER BAG.** Christmas Trees should be placed curbside the third week in January to be collected as yard waste and recycled, after that it will be collected as a bulk item.

#### Holiday Collection Schedule IMPORTANT CHANGE

Trash and Recycle collection day is on Friday. If a holiday occurs on a Friday, collection will occur on the next day (Saturday).

**Yard waste collection day is on Monday.** If a holiday occurs on Monday, collection will occur the next day (**Tuesday**).

**Observed holidays are limited to New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.**



# RAIN BARREL EVENT



- **REDUCE WATER RUNOFF**
- **SAVE MONEY**
- **WATER YOUR VEGETABLE & FLOWER GARDENS**
- **REDUCE THE RISK OF WATER DAMAGE TO YOUR HOME**

Upper Southampton Environmental Advisory Council is once again offering an opportunity to purchase Rain Barrels from Rainwater Solutions. The cost is \$76.00 per 50 gallon barrel. Information about this family owned company is available at: [www.rainwatersolutions.com](http://www.rainwatersolutions.com).

*Please contact Cathie Forman – [envirocath@gmail.com](mailto:envirocath@gmail.com)*

*or*

*Janet McCullough- [janm0708@verizon.net](mailto:janm0708@verizon.net)*

We will place your order and let you know when the delivery date is for pick up at the Township Public Works building.

## THANK YOU TO OUR SPONSORS AND SUPPORTERS

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Southampton Free Library

Northampton Police Department

Upper Southampton Police Department

Gastec Enterprises

SRS Towing

Tri Hampton Rescue Squad

Harkins Auto Body

Mastrocco

## Electronic Recycling For Upper Southampton Residents

Effective March 10, 2023, Township Residents can recycle anything with an electrical cord or that operates on batteries. We have contracted with Magnum Computer Recycling, a division of Thanks for Being Green, LLC, a certified e-waste collector and disposal company.

Bring your items to the **Township Administration Building**, located at **939 Street Road, Southampton, PA 18966** between **8:30 AM and 3:00 PM**.

### Samples of items that may be dropped off at no cost:

- AC Adapters
- aluminum
- brass
- light iron and copper
- audio and video equipment (no wood)
- ballasts (non-PCB's)
- blow dryers
- car batteries
- cell phones & telephones
- computer memory
- computer periphery & parts
- curling/flat irons
- E-readers
- game consoles
- hand held/table scanners
- hard drives
- irons
- keyboards
- mice & PC speakers
- laptop/cell phone batteries
- LCD or CRT computer monitors
- metal – baled or loose
- microwave ovens
- motherboards
- motors
- MP3 players/iPods
- PC fans & power supplies
- PC scrap and stereos (no wood)
- PC's – desktop
- laptops
- tablets
- towers
- portable radios
- printers
- copiers
- scanners
- modems
- fax machines
- scales
- toasters & toaster ovens
- toner and ink cartridges
- uninterrupted power supply
- VCR
- DVD
- Blueray
- laser disk & CD players
- wire – all types



Televisions may also be dropped off but will be charged the following small fees:

- Televisions up to 32" are \$5.00
- Televisions over 32" to 55" are \$10.00
- Televisions over 55" are \$20.00



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## UPPER SOUTHAMPTON MUNICIPAL AUTHORITY

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 Phone: (215) 364-1390 • Fax: (215) 364-9410 • Email: info@usauthorities.org

### *A Message from the Upper Southampton Municipal Authority*

Although not a common occurrence, having to deal with a sanitary sewer back-up can be a horrible experience. The most common causes of sewer backups range from improper disposal of FOG's (Fats, Oils & Grease) and paper products, tree roots, illegal connections such as sump pumps, floor drains and downspouts. Occasionally, the blockage occurs in the sanitary sewer main in the street from these conditions.

What you should know is that most homeowner and business insurance policies do not cover sewer back-ups unless specific coverage is added to the policy, according to the Insurance Information Institute. You should study your insurance policy to determine if you have that coverage.

As a general rule, the Upper Southampton Municipal Authority (USMA) is not liable for any costs for clean-up or repairs relating to sanitary sewer back-ups in your property under the laws of the Commonwealth of Pennsylvania. In the rare case that conditions meet the criteria required to be covered by the USMA, the property owner is only entitled to the actual cash value of the items damaged, not the replacement value.

The USMA strongly encourages property owners and renters to contact your insurance agent directly for additional information. *Visit us on the web at [www.usauthorities.org](http://www.usauthorities.org).*

The Upper Southampton Municipal Authority (USMA) encourages our customers to go paperless. By receiving your quarterly bill electronically, the following benefits are achieved:

- Quarterly email reminder.
- Easy and secure payments.
- Saves money.
- Saves space.
- Simplifies the transfer of information.
- Enhances account security.
- Promotes the environment.

At the USMA, we are always working to serve our customers better. Go paperless today! Contact the USMA at 215-364-1390 or at [info@usauthorities.org](mailto:info@usauthorities.org).

# ROOF TROUBLES???

# -C&C-

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## SOUTHAMPTON BUSINESS & PROFESSIONAL ASSOCIATION

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[www.SouthamptonBusiness.org](http://www.SouthamptonBusiness.org)



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at [www.SouthamptonBusiness.org](http://www.SouthamptonBusiness.org)

Membership is open to any owner, part-owner, member or employee of a business located within Upper Southampton Township and adjacent communities, or a resident of Upper Southampton Township involved in a business.





# Generator Safety

**Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to their portable generator for a temporary solution without knowing the risks.**

- Generators should be used in well ventilated locations away from all doors, windows and vent openings.
- Never use a generator in an attached garage, even with the door open
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building.
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is running.
- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.



## Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

## FACT

**! CO deaths associated with generators have spiked in recent years as generator sales have risen.**



[www.nfpa.org/education](http://www.nfpa.org/education)





# GET READY!

## FLOODS

Floods can happen everywhere, making them one of the country's most common natural disasters. Flooding poses a greater threat in low-lying areas, near water, downstream from dams. Even the smallest streams, creek beds or drains can overflow and create flooding. During periods of heavy rain or extended periods of steady rains, be aware of the possibility of a flood. Flash floods develop quickly—anywhere from a few minutes to a few hours. Listen to local weather reports for flooding information.

### Before

- Check to see if you have flood insurance coverage.
- Raise your furnace, water heater, or electrical panel if they are in areas of your home that may be flooded.
- Install “check valves” in sewer traps.
- Construct barriers, such as levees, berms, or flood walls, to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds.
- During a flood or flash flood watch, be prepared to evacuate, including fill your car's gas tank; bring in outside furniture; move valuables to high points in your home; and unplug electrical appliances and move them to high points.
- During a flood warning, evacuate if you are so advised.
- During a flash flood warning, immediately seek higher ground.
- Keep your emergency supplies kit, including water, stored in an easily accessible, waterproof place.

### During

- If time allows, call someone to let them know where you are going, and check with neighbors who may need a ride.
- Stay out of flood waters, if possible. Even water only several inches deep can be dangerous. If you have to walk through water, use a stick to check the firmness of the ground ahead of you. Avoid moving water.
- Do not drive into flooded areas. If your car becomes surrounded by rising water, get out quickly and move to higher ground.
- Stay away from downed power lines.



### After

- Do not return home until local authorities say it is safe to do so.
- Do not drink or cook with your tap water until local authorities say it is safe.
- Avoid floodwaters, which could be contaminated or electrically charged.
- Watch out for areas in which the floodwaters may have receded, leaving weakened roadways.
- Be extra careful when entering buildings that may have hidden structural damage.
- Clean and disinfect everything that got wet.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewer systems are a serious health hazard.

## SELLING A PROPERTY IN UPPER SOUTHAMPTON TOWNSHIP

In an effort to reduce the amount of ground and surface water that enters the sanitary sewer, the USMA Board adopted Resolution 2019-05 that established the Sewer Lateral Inspection Program that requires property owners to demonstrate that their sewer lateral is free from Inflow & Infiltration (I&I). This shall be conducted prior to the sale or resale of any property. Each private lateral serving the property shall be inspected in accordance with this Resolution by a Certified Contractor.

In addition, and as part of the inspection and certification process, the Certified Contractor shall confirm that:

- All clean-outs and vents are fitted with caps that are manufactured to fit the type and size pipe affixed to the lateral and will provide a tight seal against inflow of stormwater.
- All clean-outs and vents shall be a minimum of four (4) inches above grade, but not less than a height sufficient to preclude the flow of stormwater into the vent.
- All area drains, foundation drains, roof leaders, sump pumps or other direct connections to the sanitary system do not exist.

It is important to note that this inspection shall also confirm that the sewer lateral is free of any blockages, broken or missing pipe, sags, offset joints or any other defect that could allow I&I to enter the sanitary sewer system.

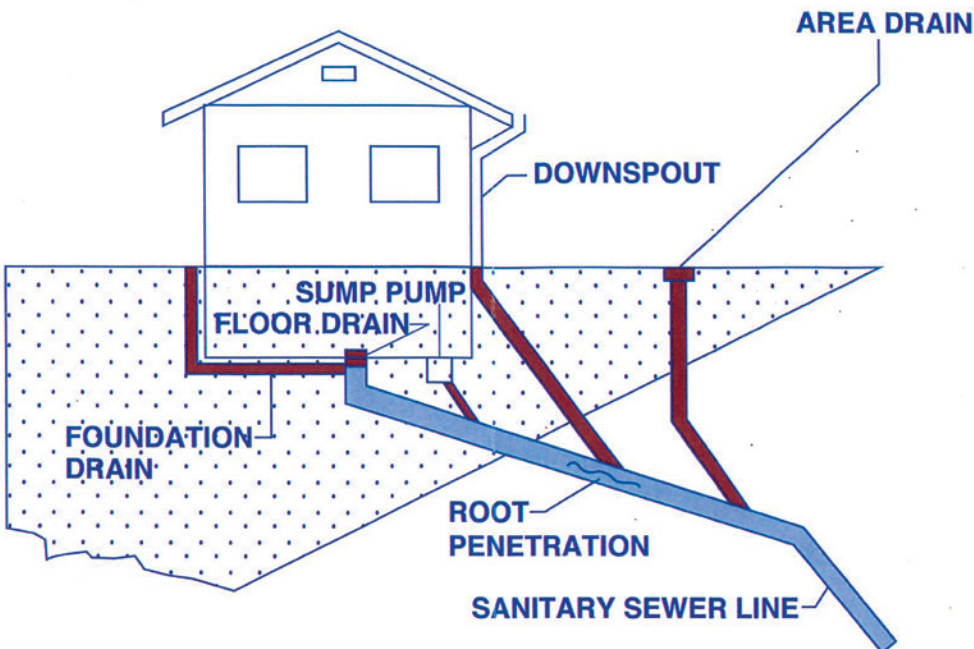
### DID YOU KNOW THAT . . .

- A single sump pump can discharge 30 gallons per minute or over 40,000 gallons per day?
- That 40,000 gallons per day of additional flow into the sanitary sewer system can cause capacity issues?
- Under these conditions, when several sump pumps are illegally connected to the sanitary sewer system, serious overflows can result at the mains and pumping stations?

### BUT MORE IMPORTANTLY . . .

Illegal connected sump pumps place a tremendous strain on our sanitary sewer system and result in increased costs. When this happens, YOUR rates must be increased.

### REMEMBER- EVERY SUMP PUMP COUNTS!!!



**Sump Pumps, Foundation, Floor and Area Drains, and Downspout Connections to the Sanitary Sewer Line are illegal and Result in Increased Costs**

### REMEMBER . . . .

Should an illegal connection be found, a penalty will be assessed if, after proper notification, the connection is not promptly removed.

*Illegal drainage connections cost everyone money*



## UPPER SOUTHAMPTON POLICE DEPARTMENT

### OFFICER SPOTLIGHT: Detective James Schirmer

1. *Years of dedicated service?* Twenty-six total. The first three were part time.
2. *Favorite part of being a police officer?* Getting someone repaid for damage or loss due to theft and fraud.
3. *Best place you've travelled to and why?* Disney. I have always loved the attention to detail that Disney puts into park design and maintenance.
4. *Favorite movie line?* I'm a peacock, you gotta let me fly.
5. *What chore do you hate doing?* Painting.
6. *If you weren't a police officer, what would you be doing?* Wishing I was. I decided around the beginning of high school what I wanted to do. I let that goal be my decision maker. Each choice I had to make was measured against whether it was toward or away from my goal. I still use my career as a factor in my decision making.
7. *If you could meet anyone, living or dead, who would it be?* Ronald Reagan
8. *What was your first concert you attended?* Billy Joel in 1989
9. *You win a substantial lottery, what is your first purchase?* Probably multiple cars.
10. *3 words to live by?* Consider other perspectives.



Detective James Schirmer

## EMPLOYMENT OPPORTUNITIES

### INSTRUCTORS WANTED!

Do you have a hobby or skill you love and want to share with the Community? Upper Southampton Township is looking for instructors for new programs. We welcome you to apply and teach! Please submit a short description of the class or activity you would like to offer, photos of your work, if possible, and your contact information to [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org) or mail to **Upper Southampton Township Parks and Recreation, 913 Willow Street, Southampton, PA 18966.**



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# Your Parks & Recreation Department

## DONATIONS NEEDED!

Donations of new or gently used games or other recreational equipment are very much appreciated.

### Penn Cinema Discount Tickets

Heading to the movies? Buy discount Penn Cinema Tickets ahead of time at the Community Center! Once you purchase your discount tickets, take to the theater to exchange for your movie ticket and pick your seats. It's as easy as 1, 2, 3.



### PENN CINEMA DISCOUNT TICKET PRICE: \$10.50/TICKET

*\*Tickets must be purchased in person at the Community Center, 913 Willow Street during office hours (Monday-Friday, 8am - 4pm)*

## GET INVOLVED WITH OUR PARKS

### FRIENDS OF TAMANEND PARK

#### *Get Involved with Our Parks*

**Our Mission:** The mission of the **Friends of Tamanend** is to maintain, conserve, and protect the unique natural and historic features of Tamanend Park. You are cordially invited to our monthly meetings. Meetings are held in the Farmhouse on the third Tuesday of every month at 7 PM. **Visit our website to get involved: [FriendsofTamanend.org](http://FriendsofTamanend.org).**



### TAMANEND PARK HERB GARDEN CLUB

The **Tamanend Park Herb Garden Club** was started in the summer of 1983 by four residents of Upper Southampton Township who were interested in the various aspects of herb gardening and herb use. The Herb Club now has over 60 members!

The Herb Garden Club meets on the third Wednesday of each month from January through November. Meetings start at 7:00 PM with a brief review of monthly business, followed by a guest speaker, or a group activity. Dues are \$10 a year. For more information visit us on Facebook @ Tamanend Park Herb Gardening Club or email [tamanendparkherbclub@comcast.net](mailto:tamanendparkherbclub@comcast.net).

### PARKS PATRONS PROGRAM

**Parks Partners** is a Parks and Recreation initiative that enables groups, individuals and businesses to assist with improvement projects and maintenance of Upper Southampton parks. Parks Partners will work with the Park's staff to keep the parks clean, attractive and safe. Donations can also be made by check, payable to Upper Southampton Township. To get involved, email **Alex Munshaw** at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org).

### PARK GIFTS PROGRAM

Support our parks through giving. Our **Parks Gift Program** offers a great way to honor the special people and milestones in your life. Your contribution will enhance the beauty of the park and allow you to memorialize loved ones or special events. The park gift program includes benches, trees and shrubs, and plaques. For more information please call the park office.

#### **Parks and Recreation Director:**

Alexandria Munshaw  
Email: [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org)  
Phone: (215)-355-9781

#### **Parks and Recreation Facilities**

**Coordinator:** Ray Horn  
Email: [rhorn@ustwp.org](mailto:rhorn@ustwp.org)  
Phone: (215)-355-9781

#### **Park and Recreation Advisory Board**

Patricia Myers, Chairman  
Rick Grillone, Vice Chairman  
Dominic Cintofanti, Member  
Andy Pickford, Member  
Glenn Baun, Member

*The Parks and Recreation Board meets for regular public meetings the Fourth Tuesday of each month at 7PM in the Upper Southampton Township Building, First Floor Meeting Room, 939 Street Road, Southampton, PA 18966.*

#### **Contact Us**

Address: 913 Willow Street,  
Southampton, PA 18966  
Phone: (215)-355-9781  
Fax: (215)-355-4093

**Website:** [www.USTWPREC.com](http://www.USTWPREC.com)

**Office Hours:** Monday-Friday  
8:00 AM - 4:00 PM

#### **Follow us on Facebook:**

Upper Southampton Township  
Parks and Recreation

**Instagram:** @ustpr



The **UPPER SOUTHAMPTON HISTORICAL ADVISORY BOARD** was formed in 1984 in preparation for the Township's Tricentennial. During the ensuing years we have acquired a large collection of pictures, documents, first person accounts and other memorabilia. In 2018 the Township permitted us to set up an archive in the Tamanend Park Farmhouse, where we have been cataloging and preserving Upper Southampton Township's history. Anyone interested in volunteering, donating, or allowing us to copy any pictures, mementos, or keepsakes, we can be reached either by contacting the township office or sending us an email at [uppersouthamptonhistory@gmail.com](mailto:uppersouthamptonhistory@gmail.com). We also encourage you to make an appointment to visit the archives or join us at our monthly meetings, the fourth Saturday of the month 9am at the Tamanend Park Farmhouse. *Today the Board consists of five members: Glenn Baun, James Day, Susan Koelble, Diana Posten and Lynwood Vogel.*

## RENTAL INFORMATION

### Rental Facilities:

#### Farmhouse (45 Person Maximum)

1255 Second Street Pike, Southampton, PA 18966  
Monday thru Sunday - 9 AM to 10 PM  
Includes: Twelve-6 foot tables; One-8 foot table; 55 chairs  
Res. \$40/hr | Non. \$50/hr

#### Carriage House (60 Person Maximum)

1255 Second Street Pike, Southampton, PA 18966  
Monday thru Sunday - 9 AM to 10 PM  
Includes: Twelve-6 foot tables; 60 chairs  
Res. \$50/hr | Non. \$60/hr

#### Picnic Pavilions (100 Person Maximum)

1255 Second Street Pike, Southampton, PA 18966  
Monday thru Sunday - 8 AM to 10 PM  
Includes: Ten-picnic tables  
Res. \$75/day | Non. \$125/day

#### Meeting Room



(150 Person Maximum)  
913 Willow Street,  
Southampton, PA 18966  
Monday thru Sunday -  
9 AM to 10 PM  
Includes: Twelve-8 foot tables; 130 chairs  
Res. \$50/hr | Non. \$75/hr

#### Gymnasium (300 Person Maximum)

913 Willow Street,  
Southampton, PA 18966  
Monday thru Sunday - 9 AM to 10 PM  
Res. \$100/hr | Non. \$150/hr



#### Lion's Grove Amphitheater

1255 Second Street Pike, Southampton, PA 18966  
Monday thru Sunday - 9 AM to 10 PM  
Includes: electric and bathrooms  
Res. \$25/hr | Non. \$50/hr

#### Veterans Field - Athletic Field

400 Street Road, Southampton, PA 18966  
Day: \$50/Game or \$25/hr/field | Night: \$75/Game or \$50/hr/field  
Includes: lights and bathrooms

#### Tamanend Park Athletic Field

1255 Second Street Pike, Southampton, PA 18966

#### Schaefer Field - Athletics Fields

Gravel Hill Road, Southampton, PA 18966

#### Security Deposit

Gym: \$150  
Pavilions: \$250/Pavilion | \$1,500/Both Pavilions  
All other facilities: \$100

## RENTING A FACILITY IS AS EASY AS 1..2..3.. To book a facility:

- 1. Choose your location:** Whether you view images online, or decide to visit the office to view the spaces yourself, determine the best location for your next event. You can check the availability of your desired facility online or by calling the park office (215-355-9781). Rentals are scheduled on a first come first serve basis.
- 2. Complete Rental Forms:** The forms necessary to rent one of our facilities can be found online at [www.ustwprec.com](http://www.ustwprec.com). A Facility Use/Rules And Regulations Application must be completed and submitted with payment to the Parks' Office.
- 3. Rental Fees:** Rental fees must be paid in full at the time of booking. There is a minimum rental of four hours at each location. A security deposit must also be made at the time of booking. This separate check will only be cashed if damage has taken place or the facility has been left in bad condition. A full refund of rental fee and security deposit will be issued if cancelation is made more than 30 days before scheduled rental.



*For more information call the Parks' Office or visit us online.*



## ADOPT-A-TRAIL

The Adopt-A-Trail program has been developed to help maintain and preserve the two mile Rails-to-Trails through Upper Southampton Township. The program allows for community, civic organizations and groups to support the trail through trail maintenance.

### Maintenance Requirements:

- The adopted area will be a quarter of a mile in length.
- The adopted area is to be cleaned every 4 weeks removing vines, fallen branches, debris and/or litter although clean-ups are permitted to be done more regularly.
- Inform the Parks & Recreation Director of any major maintenance problems or large debris that volunteers are unable to handle, such as down trees.
- Following each clean-up, adopting organizations will contact the Parks & Rec Director to notify as to where the bags of collected trash and/or debris have been left. Bags of collected trash and/or debris should not exceed 20-25 pounds.

### Rules & Regulations:

- A supervising adult must accompany all participants under 18 years of age.
- No motorized vehicles permitted on the trail without the permission of the Parks & Recreation Director or Facilities Coordinator.
- No trespassing on private property.
- All members must conduct themselves in a safe and responsible manner.
- Do not construct any structures, add signage, alter the trail or add any unapproved items to the trail.
- No power equipment tools such as chain saws, mowers, and weed trimmers are permitted.
- All maintenance activities shall be coordinated with the Parks & Recreation Director or Facilities Coordinator.

*If interested in the program contact Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org).*

# CHRIST'S HOME IS GROWING...AGAIN!

Construction has begun on **30 NEW independent living Suite Apartments**. This includes a limited number of 2-Bedroom, 2-Bath suites with a den. Scheduled for a Spring 2024 delivery, many of these Suite Apartments have already been reserved. **NOW is the time to reserve YOURS!**

**To schedule an appointment to learn more,** please contact Mary Thompson at 215-956-1802 or [mthompson@christshome.org](mailto:mthompson@christshome.org).

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# SOUTHAMPTON FREE LIBRARY UPCOMING EVENTS



947 Street Road, Southampton, PA, 18966

**(215) 322-1415**

Southamptonfreelibrary.org

Monday to Thursday, 10 AM to 8 PM

Friday & Saturday, 10 AM to 5 PM

**ALL PROGRAMS SUBJECT TO CHANGE. PLEASE CHECK OUR WEBSITE FOR CURRENT INFORMATION.**

*Come visit the library to browse for materials, use our computers or attend a free program!*

All of the following are available at the library:

- Books, Magazines & Newspapers
- Ebooks
- Board Games
- Rokus
- Audiobooks
- Movies
- Museum Passes
- Hotspots

## KID'S PROGRAMS:

- **BABY STORYTIME** (Ages 0 – 3)  
Tuesdays at 10:30 AM
- **PRESCHOOL STORYTIME** (Ages 3 – 5)  
Fridays at 10:30 AM
- **STORY STROLL IN TAMANEND PARK**  
Starting opposite the Carriage House, enjoy reading a children's story while taking a walk through Tamanend Park. Stroll is available whenever the park is open.



## ADULT'S PROGRAMS:

- **GRIEF AND LOSS SUPPORT GROUP**  
1st Thursday of the month at 3:00 PM -  
Join us as we support each other and discuss some of the ways the loss of someone significant can affect our lives. The purpose of this group is to provide information about the grieving process; to share experiences; and alleviate the feeling of isolation.
- **BOOK CLUBS**
  - Afternoon Book Club,  
2nd Monday of the month at 1:00 PM
  - Evening Book Club,  
2nd Tuesday of the month at 6:45 PM
 Please join us at the library for a lively book discussion. Check our online calendar for each month's book selection.
- **FRIDAY MOVIE MATINEE'S FALL SERIES**  
begins on Sept. 29th at 2:00 PM



## Upcoming Fall Programs

*Please check our online calendar for specific dates and times:*

- Weekly Drop-in STEAM programming for children
- Cooking classes for all ages
- New additions to our Library of Things!

# Parks & Recreation Department Programs

## SEASONAL EVENTS

### American Red Cross Blood Drive

Upper Southampton Parks & Recreation is Partnering with the American Red Cross for a Blood Drive. Every two seconds someone in the United States needs blood. Right now, there is a significant shortage of blood for hospital patients and the American Red Cross has issued an emergency request for people to donate. You can help. Giving blood doesn't require much time, in an hour and one pint of blood you can save three lives. Join us to help. Schedule your appointment at <https://www.redcrossblood.org/give.html/find-drive> and use code UpperSouth.

**DATE:** Ongoing Dates  
**TIME:** 2 PM - 7 PM  
**LOCATION:** Community Center

### Township-Wide Yard Sale

Are you interested in reducing, reusing, up-cycling or decluttering items found in your home? All Upper Southampton residents are invited to participate in a township-wide yard sale. You can participate by registering on our website at [www.ustwprec.com](http://www.ustwprec.com) - An interactive map with all participating addresses will be posted on our website and Facebook page. This event will be advertised. All participants will receive a numbered Yard Sale Sign for the event.



**DATE:** Saturday, September 16, 2023  
**TIME:** 8AM - 2 PM  
**LOCATION:** Upper Southampton Township

### Halloween Pumpkin Mash

Join us for a ghoulish good time with hayrides, face painting, sand art, Chippy the Clown, pony rides and more! Search for hidden pumpkins in Tamanend Park, stop by Pavilion 2 for Pumpkin decorating and get those costumes ready for a Halloween costume contest (and don't forget those bags to fill with goodies). This event is free but please register your children online at [www.ustwprec.com](http://www.ustwprec.com).



**DATE:**  
 Saturday,  
 October 14, 2023

**TIME:**  
 11AM - 2 PM

**LOCATION:**  
 Tamanend Park

### Halloween Movie Night

Come join us for a thrilling good time as we enjoy a Halloween movie in the park. Bring the family, invite the friends. We'll be showing Hocus Pocus 2. As always this event is weather dependent.

**DATE:** Friday, October 20, 2023

**TIME:**  
 7PM - 10PM  
**LOCATION:**  
 Tamanend Park  
 Pavilions

**MOVIE:**  
 Hocus Pocus 2



### Farmhouse Craft Show at Tamanend Park

There is nothing more lovely than handmade items and crafts and the Fall Craft Show has it all - Wreaths, Florals, Jewelry, Painted Slates, Garden Art, Homemade Candy, Gourmet Foods, Kids Clothes, and much more - So whether you are looking for a one-of-a-kind gift or something for yourself, stop by to see all we have!

**DATE:** Saturday, November 11 - Saturday, November 18, 2023  
**TIME:** 10AM - 6PM  
**LOCATION:** Farmhouse

*For more information visit our website at [ThreeDCrafts.com](http://ThreeDCrafts.com)*

### Carriage House Artist Art Show

Fall is here so come, get out and join local artists in the Carriage House at Tamanend Park on November 11th and 12th from 10am to 4pm to see some beautiful works of art. A variety of original artwork will be on display as well as for sale (so don't forget your wallets.)

**DATE:** Saturday, November 11 - Sunday, November 12, 2023  
**TIME:** 10AM - 4PM  
**LOCATION:** Tamanend Park Carriage House

### Just Painters Art Show

Just Painters, a group of local artists, will be exhibiting works of art on Saturday, November 18, 2023 from 10:00 am to 4:00 pm, in the Carriage House located in Tamanend Park, 1255 Second Street Pike, Southampton, PA. Original paintings in watercolor, oil, pastel and acrylic, along with portfolio paintings, prints and cards will be for sale. Come shop, browse and enjoy. Refreshments will be served

**DATE:** Saturday, November 18, 2023  
**TIME:** 10AM - 4PM  
**LOCATION:** Tamanend Park Carriage House



## SEASONAL EVENTS continued

### Secret Santa Craft Show

No matter what holiday you celebrate, it is the season of giving. Shop till you drop at our holiday craft show at the Community Center. Shop from local vendors, warm up with free hot chocolate and snacks, and snap a picture with Santa Claus. This event is guaranteed to spread some holiday cheer for all ages.

**DATE:** Saturday, December 9, 2023

**TIME:** 10AM - 2PM

**LOCATION:** Community Center

**VENDORS NEEDED:**

**Cost \$15/6-ft table with 2 tables max or \$20/8-ft table 1 max**

**If providing own table, \$12 for a space.**

Contact Alex if interested at 215-355-9781 or [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org)



### Jingle Through Southampton – Holiday House Tour

It's back! The favorite Holiday House tour is here again for the 2023 Holiday Season. Do you think you have the best decorations and lights in Southampton? Let's find out! Register your house through our website. We will create a map for Southampton residents to follow and see all the houses registered and then take a vote. The map and link to vote will be posted on our website and Facebook page beginning on Friday, December 8th. Winner with the most votes will receive a prize. *Registration will close on Thursday, December 7th at 4pm. Voting will open Friday, December 8th and close Thursday, December 21st. Winner will be announced on Friday, December 22nd.*

**REGISTRATION OPEN:**

**Now – Thursday, December 7th at 4pm**

**DATE/VOTING OPEN:**

**Friday, December 8 – Thursday, December 21, 2023**

**LOCATION: Township-Wide**



### Valen-teens Day Scavenger Hunt

Grab a friend or a whole team and sign up for this Valentine's Day Scavenger Hunt. From Tamanend Park to Car Wash USA, we'll have you searching for clues all over Southampton. Teams must have at least one person with a valid driver's license. All participants must register through our website. Winning team will receive a prize. Must be completed by 5pm. Participants must download the App Actionbound. Starting at 9 AM Saturday morning, participants will be able to search for "valenteens" in the app to start the game or scan the QR code on our website. Participants can start the game at whatever time however it will close at 5 PM Saturday. Winner will be announced Monday morning!

**DATE:** Saturday, February 10, 2024 • **TIME:** Open until 5PM • **LOCATION:** Township-Wide

Have a business you want to promote? Sponsor one of our events! Contact Alex Munshaw at [amunshaw@ustwp.org](mailto:amunshaw@ustwp.org) to learn more!

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# Parks & Recreation Department Programs

## PROGRAMS FOR TOTS (0-5)

### Pee Wee Picasso's

Arts & Crafts time with your little ones without all the mess in your house! Join us for some artsy fun from coloring to painting to all the things your little tots love. Each session has a different theme and crafts.

AGES: 2-5

DATE: Tuesday, September 19, 2023  
 Tuesday, October 24, 2023  
 Tuesday, November 14, 2023  
 Tuesday, December 12, 2023  
 Tuesday, January 23, 2024  
 Tuesday, February 13, 2024



TIME: 11:00 AM - 11:45 AM  
 LOCATION: Community Center  
 FEE: \$5 Res. | \$7 Non-Res.

### Lil' Explorers

Bring your little ones to explore Tamanend Park. We'll read a story, then take a fun-filled nature hike to try to see some new and different friends. We'll meet at the Carriage House, 1255 2nd Street Pike, Southampton, PA 18966

AGES: 2-5

DATE: Friday, September 22, 2023  
 Friday, October 27, 2023

TIME: 11:00 AM - 11:45 AM

LOCATION: Carriage House at Tamanend Park  
 FEE: Free

### Little Gardeners

Let your littles learn about the best plants to grow in the fall. Students will plant seeds in a flower pot and can take their plants home to watch it grow. We will be playing in the dirt, so please dress accordingly.



AGES: 2-5

DATE: Thursday, September 29, 2023  
 TIME: 11AM - 11:45AM  
 LOCATION: Tamanend Park  
 Farmhouse  
 FEE: \$5 Res. | \$7 Non-Res

### Little Einstein's Club

Come join us once a month as we explore the world of science. Get your little's interested in science early with cool, fun experiments.

AGES: 2-5

DATE: Monday, September 25, 2023  
 Monday, October 30, 2023  
 Monday, November 27, 2023  
 Monday, December 18, 2023  
 TIME: 11AM - 11:30AM  
 LOCATION: Community Center  
 FEE: \$5 Res. | \$7 Non-Res

### Action Karate Mommy & Me Class

Wouldn't it be fun to have a play date with your little one? Mommy and Me Classes offer by Action Karate are fun and informative. Children learn best when involvement from Mommy, Daddy, Grandparent or Caregiver participates. During this session our instructor works as your guide, as you and your child work together on basic motor and social skills. You and your child's strong bond will grow even deeper while you practice together a variety of movements to help develop balance, coordination, rhythm and social skills.

AGES: 3-5

DATE: Saturday, September 16, 2023

TIME: 10AM

LOCATION: Community Center

FEE: Free

### Piano Mini Private Lessons (4-Lesson Package)

Get your child started with Piano! Dayle Music's Piano Mini Lessons are 15 minute, FUN private piano lessons taught virtually. Your child will work at his/her own pace to complete the Piano Mini Lesson Course which leads to playing songs. Lessons are purchased 4 at a time and can be ongoing. Practice assignments will be given after each lesson. For beginner students ages 4 to 8. You must have a piano or keyboard. The Piano Mini Lesson Course has been a big hit with both children and their parents! Discover how fun and easy learning piano can be!



AGES: 4-8

LOCATION: Virtual

FEE: \$68/4 lessons

*Once you sign up, the instructor will contact you with more information and to set up dates and times for the lessons.*

### Irish Dance Class

Celtic Flame is Back in Southampton! Ever since opening in 2005, Celtic Flame has captured the hearts of audiences all over the tri-state area. At Celtic Flame we work together, and support each other as a family. We go out of our way to put on productions big and small that truly make an impact. Join the team and dance your heart out. Not only is it a great workout but great fun!

AGES: 2-4

DATE: September 6 - November 29

TIME: Wednesdays, 6PM - 6:30PM

LOCATION: Community Center

FEE: \$125/12-weeks

\*No class November 22





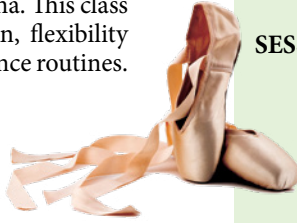
## DANCE FOR TOTS

### Ballet for Tots

Students will learn all the basics it takes to be a ballerina. This class will enhance the child's rhythm, balance, coordination, flexibility and posture. The children will also dance to song and dance routines. Ballet Shoes Required.

### Ballet/Tap Combo

Students will learn all the basics to be a ballerina and a tap dancer. Classes will enhance rhythm, coordination, balance, flexibility and posture. Ballet/Tap Shoes Required.



AGES: 3-5

SESSION 1: September 26 - November 7 (No class 10/31)

SESSION 2: November 14 - December 19

Ballet for Tots: Mondays, 5:00 PM - 5:45 PM

Ballet/Tap Combo: Mondays, 5:45 PM - 6:30 PM

LOCATION: Carriage House

FEE: \$70

## PROGRAMS FOR YOUTH (6-12)

### Irish Dance Class

Celtic Flame is Back in Southampton! Ever since opening in 2005, Celtic Flame has captured the hearts of audiences all over the tri-state area. At Celtic Flame we work together, and support each other as a family. We go out of our way to put on productions big and small that truly make an impact. Join the team and dance your heart out. Not only is it a great workout but great fun!



PHILADELPHIA, PA

AGES: 5+

DATE: September 6 - November 29

TIME: Wednesdays, 6PM - 7:30PM

LOCATION: Community Center

FEE: \$225/12-weeks

\*No class November 22

### Action Karate Family Class

Raise your fitness and wellness bar in our martial arts class where you can experience the ultimate joy of working out and meeting goals with your family members. This class will offer a great workout while having fun. It will be a great opportunity to spend quality time with each other in an atmosphere that is safe, welcoming, and fun. Stay fit, improve reflexes, and establish stronger family bonds in our martial arts class intended to help you and your loved ones kick together while sticking together!

AGES: 6+

DATE: Saturday, September 23, 2023

TIME: 10AM

LOCATION: Community Center

FEE: Free



### Slime Time

Let's get ready to SLIME! Get your hands dirty trying all different types of slime recipes from normal slimy slime to glow-in-the-dark slime to magnetic slime, the possibilities are endless!

AGES: 8-15

DATE: Wednesday, September 27, 2023

Wednesday, October 25, 2023

Wednesday, November 29, 2023

Wednesday, December 27, 2023

Wednesday, January 24, 2024

Wednesday, February 28, 2024

TIME: 6PM - 7PM

LOCATION: Community Center Meeting Room

FEE: \$7 Res. | \$9 Non-Res.

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# Parks & Recreation Department Programs

## PROGRAMS FOR ADULTS

### Tarot for Beginners

This is a beginner's class for anyone interested in the fascinating and esoteric world of Tarot. You'll learn all the meanings of the cards and their symbols, plus various layouts and types of readings. Requirement for the class - HAVE YOUR OWN DECK. If you need to buy a deck, the Rider-Waite deck is the most popular, and you can buy it on Amazon. Please DO NOT BUY A USED DECK!! Teacher, Robert Hazzon, has been reading cards for over 50 years and has a significant and enthusiastic following on Facebook.



**DATE:** September 12 - October 17

**TIME:** 2PM - 3PM

**LOCATION:** Tamanend Park Farmhouse

**FEE:** \$72

**INSTRUCTOR:** Robert Hazzon, 50 years of experience



### Tarot for Beginners ... PART 2

The fall session takes us on the next journey of the intriguing world of Tarot which will broaden our horizons of understanding. Included in this new class will be the continued learning of the meaning of the cards which will now also embrace

the symbolism contained within the cards, including astrology and numerology. There will be more layouts to learn, and how to apply the meanings of one suit for a question of another suit. We will also be learning how to take a reading and the proper way to present the information so it can be of benefit to the person inquiring, which will include the responsibilities in reading for others.

**DATE:** September 12 - October 17

**TIME:** 3:30PM - 4:30PM

**LOCATION:** Tamanend Park Farmhouse

**FEE:** \$72

**INSTRUCTOR:** Robert Hazzon, 50 years of experience

### Irish Dance Class

Celtic Flame is Back in Southampton! Ever since opening in 2005, Celtic Flame has captured the hearts of audiences all over the tri-state area. At Celtic Flame we work together, and support each other as a family. We go out of our way to put on productions big and small that truly make an impact. Join the team and dance your heart out. Not only is it a great workout but great fun!



**DATE:** September 6 - November 29

**TIME:** Wednesdays, 7PM - 8:30PM

**LOCATION:** Community Center

**FEE:** \$225/12-weeks

*\*No Class November 22*

**\$225 for 12 weeks of 90 minute classes**

*Class includes solo work, group dance & fitness.*

*Open to beginner and intermediate dancers!*



### Zumba

Zumba is a high-energy dance and cardio workout that incorporates Latin-inspired moves to popular music making it a fun and easy class to follow. Zumba is open to beginner and advanced students. Please wear comfortable clothes, sneakers, and bring water. Let's start your fun morning routine!

**DATE:** Mondays, September 18 - October 23

Wednesdays, September 20 - October 25

**TIME:** Mondays, 9:45 AM - 10:45 AM

Wednesdays, 9:30AM - 10:30AM

**LOCATION:** Tamanend Park - Carriage House

**FEE:** \$50/session

### Tai Chi

Tai Chi is an ancient Chinese martial art that can reduce stress and improve flexibility, balance, and overall health. A series of slow movements align the body's internal energy paths, enabling chi (internal energy) to flow through the body. Qi Gong (Chi Kung) is an ancient Chinese exercise to control and increase the body's internal energy.



**AGES:** 18 and older

**SESSION 1:** September 14 - October 19

**SESSION 2:** October 26 - December 7

**TIME:** Thursdays, 6:30 PM - 7:30 PM

**LOCATION:** Tamanend Park - Carriage House

**FEE:** \$35.00 Res. / \$45 Non-Res.

**INSTRUCTOR:** Michel Denarié

*\*Sessions are ongoing, every 6 weeks, check our website for all session dates.*



### Pickleball

Got the Pickleball bug? Come play indoors at the Community Center! Our courts are open Monday - Friday from 8AM - 3:30PM. Memberships are required. Pay Yearly, Monthly, or for a 5 Day Pass. See below for details. Each option allows for 2 1/2 hours of play. \*NEW - UNLIMITED PLAY! Come and play all day. The unlimited allows you to play throughout the week without any time restrictions.

Season Dates: September 1 - May 31 | Monday - Friday

**GYM CLOSURE (HOLIDAY) DATES TO BE ANNOUNCED**

**DATES:** September 1, 2023 - May 31, 2024

**TIMES:** 8AM - 3:30PM

**LOCATION:** Community Center

**FEE:** \$80 RES. | \$85 NON-RES (Full Season)

\$20/Month RES. | \$25/Month NON-RES.

\$10/Week RES. | \$12/Week NON-RES.

\$130/Unlimited Play RES. | \$140/Unlimited Play NON-RES



## PROGRAMS FOR ADULTS continued

### POUND

POUND is a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix. (lightly weighted drumsticks engineered specifically for exercising). POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**DATE:** Ongoing

**TIME:** Tuesdays & Thursdays, 6:45PM – 7:45PM

**LOCATION:** Community Center Meeting Room

**FEE:** \$5/session or Drop-in for \$5/class

*This program is ongoing; see our website for all dates.*

### Adult/Senior Piano Lessons

Private Piano Lessons for adults/seniors! All lessons are a half hour long and are done in the convenience of your home via Skype with one of our friendly, highly trained and patient Dayle Music LLC instructors! Learning music is good for your brain at any age! It helps improve memory and lowers stress. We make learning piano fun!



*Once you register, the instructor will reach out to schedule your classes.*

**LOCATION:** Virtual

**FEE:** \$128/4 lessons

## YOGAMAZIA

### Postnatal/Baby Yoga (Postnatal, Babies/Toddlers, 3-12 mos)

This yoga class is dedicated to our postnatal moms and baby yogis 3 to 12 months who are starting to get to know the world. Babies and crawlers are accompanied by mother or caregiver. This yoga class aims in building back mother's strength, baby massage, simple yoga poses that aid in development of fine motor skills.

Tuesday, September 5 – 26, 4:00 – 4:45 pm

Tuesday, October 3 – 24, 4:00 – 4:45 pm

Tue, November 7 – December 5, 4:00 – 4:45 pm *No Class 11/21*

Tuesday, January 2 – 23, 4:00 – 4:45 pm

Tuesday, March 5 – 26, 4:00 – 4:45 pm

**Instructor:** Michelle El Khoury

LOCATION

Yogamazia, 130 Almshouse Rd, Unit 106, Richboro, PA 18954

Fee: R \$60/NR \$80

### Toddler & Caregiver Yoga (ages 12-24 mos)

This yoga class is dedicated to our toddler yogis 12 to 24 months who are curious about everything! Toddlers are accompanied by mother or caregiver. This yoga class aims in exploration, movement, and breathing through simple communication and playful activities including yoga games and songs.

Tuesday, September 5 – 26, 5:15 – 6:00 pm

Tuesday, October 3 – 24, 5:15 – 6:00 pm

Tuesday, November 7 – December 5, 5:15 – 6:00 pm *No Class 11/21*

Tuesday, January 2 – 23, 5:15 – 6:00 pm

Tuesday, March 5 – 26, 5:15 – 6:00 pm

**Instructor:** Michelle El Khoury

LOCATION

Yogamazia, 130 Almshouse Rd, Unit 106, Richboro, PA 18954

Fee: R \$60/NR \$80

### Prenatal Yoga (Expectant/Pregnant Women)

This yoga class honors the development and physiological changes taking place within the female body during this special time with practices of affirmation, meditation, pranayama (breathing), and asana (poses). Classes are structured based on all trimesters using appropriate modifications. This prenatal yoga class aims to prepare expectant mothers for delivery through mental and physical exercises to help widen and strengthen the uterus during pregnancy, delivery, and recovery.

Tuesday, September 5 – 26, 6:30 – 7:30 pm

Tuesday, October 3 – 24, 6:30 – 7:30 pm

Tuesday, November 7 – December 5, 6:30 – 7:30 pm *No Class 11/21*

Tuesday, January 2 – 23, 6:30 – 7:30 pm

Tuesday, March 5 – 26, 6:30 – 7:30 pm

**Instructor:** Michelle El Khoury

LOCATION

Yogamazia, 130 Almshouse Rd, Unit 106, Richboro, PA 18954

Fee: R \$60/NR \$80

### Teen Yoga (ages 13-17)

This class incorporates all the foundations of yoga in a 1 hour class with refinements for this age level focusing on creating leaders who empower our mission and values while practicing the Yoga Principles (Sutras) in mind and body to help face today's worldly challenges.

Wednesday, September 6 – 27, 6:30 – 7:30 pm

Wednesday, October 4 – 25, 6:30 – 7:30 pm

Wednesday, November 1 – 29, 6:30 – 7:30 pm *No Class 11/22*

Wednesday, January 3 – 24, 6:30 – 7:30 pm

Wednesday, March 6 – 27, 6:30 – 7:30 pm

**Instructor:** Michelle El Khoury

LOCATION

Yogamazia, 130 Almshouse Rd, Unit 106, Richboro, PA 18954

Fee: R \$60/NR \$80

# Parks & Recreation Department Programs

## GET HEALTHY WITH REGINA

### Pilates

Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abs, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abs while strengthening the back), and improving coordination and balance. This class is best served while using a small Pilates ball, flat therabands and round versa loop bands. This class is for men and women!

**Bring with you every week a mat, towel and water.**

**Get ready to feel your best ever!**

*This program is ongoing, see our website for all dates.*



### REVED

This 5-week course is a community favorite, with teachings, recipes and support information that will change the way you view your body's natural and evolving chemistry. Estrogen dominance can contribute to the symptoms that plague you most: unexplained weight gain and those stubborn pounds that just won't budge brain fog and other hormonal mental health challenges sudden changes in your skin, hair, belly and disposition tenderness you feel in your breasts or ovaries peri- and menopausal symptoms like hot flashes, mood swings and sleep problems. The good news is that by shifting the foods you consume, the water you drink, and certain key lifestyle factors, you can bring back the balance, address those niggling symptoms and finally get your life back. And it's easier than you think!

In REVED you will learn how to care for the fine web of hormones that rule your body and your mind so that YOU (and not your hormones) can sit in the driver's seat.



One class will be released each week with new information, suggested diet plans and action steps. You'll also receive recipes and handouts to support that week's teachings. A private Facebook Group will also be available for daily accountability

**Please Contact Functional Nutrition Counselor  
Regina Szczesniak @ [regina@iamliving360.com](mailto:regina@iamliving360.com) for any questions.**

*This program is ongoing, see our website for all dates.*


## Thank You To The Businesses!

Upper Southampton Township gratefully acknowledges the generosity and support of the businesses and individuals who have placed advertisements in our newsletter. This newsletter has been designed and printed at no cost to you, our residents. We encourage you to patronize these businesses as they play a vital role in the economic stability of our community.



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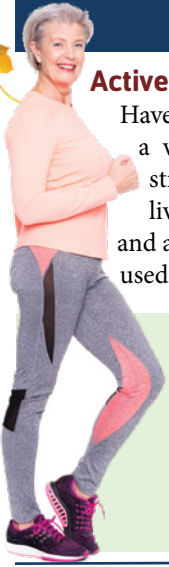


# SENIOR PROGRAMS

## Active Senior: Senior Fitness

Have fun with Sharon and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a lightweight ball are offered for resistance. A chair is used for seated or standing support.

**DATE: Wednesdays, September 20 – October 25**  
**Fridays, September 22 – October 27**  
**TIME: 10:30AM – 11:15AM**  
**LOCATION: Carriage House**  
**FEE: \$70/6-week session**  
**\$120/2 days a week**  
**\$15/Drop-in fee**



## Know Your Medicare Options

During this free seminar you will learn: How Medicare works and what it covers. How Part “D” prescription cards work and how to pick the right one for you. The differences between Medicare supplements and Medicare Advantage plans. Have your questions answered so you can make the right choices when planning for Medicare or Medicare Advantage decisions. Presented by: Steve Perlman, DelVal Senior Advisors, Independent Medicare Planning. *If you are interested in attending this program you must register with the Parks & Recreation Dept. We do have limited seating for this program.*

**AGES: 55+**  
**DATE: Tuesday, September 19, 2023**  
**TIME: 6:30 PM - 9 PM**  
**LOCATION: Community Center**  
**FEE: Free**

## AARP Safe Driver Course (Full Course)

The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. This 8 hour class is broken into two 4-hour sessions.



**AGES: 55+**  
**DATE: Monday, September 18, 2023**  
**Monday, September 25, 2023**  
**TIME: 9AM - 1PM**  
**FEE: \$20 AARP Member & \$25 Non Members**  
**PAYMENT FOR CLASS IS DUE DAY OF AND MUST BE IN THE FORM OF CASH OR CHECK MADE OUT TO AARP**

## AARP Safe Driver Refresher Course

Take the AARP Safe Driver™ Course and you could reduce your overall maintenance and car insurance costs! Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. After attending this, you can qualify for a multiyear discount on your auto insurance! (Consult your auto insurance agent for details). Space is limited, so register online now. The classroom course costs \$20 for AARP members and \$25 for non-members. This is the refresher course. It takes place during one four hour session. You need to be present for the entire four hours. You need to have previously completed the standard 8hr course to be eligible for the refresher course.

**AGES: 55+**  
**DATE: Monday, October 16, 2023**  
**Monday, November 13, 2023**  
**TIME: 9AM - 1PM**  
**FEE: \$20 AARP Member & \$25 Non Members**  
**PAYMENT FOR CLASS IS DUE DAY OF AND MUST BE IN THE FORM OF CASH OR CHECK MADE OUT TO AARP**

## Bingo

Come join friends and play the classic game that everyone loves. No admission fee charged, coffee & light refreshments are served. Come join us and let us hear you yell BINGO!

**DATE: Ongoing - Every Friday**  
**TIME: 12:00 PM - 4:00 PM**  
**LOCATION: Community Center**



## REGISTER NOW FOR PROGRAMS

### REGISTRATION FORMS

Registration forms can be found and completed online at our website [www.ustwprec.com](http://www.ustwprec.com).

### ONLINE: [www.ustwprec.com](http://www.ustwprec.com)

Create a household account, then add members to register the whole family for different programs we have available. Online payments can be made through credit cards\*

\*Credit card information is not stored for further payments. We accept Visa, Mastercard, Discover & American Express.

### IN PERSON

Registration forms may also be printed and brought into the office to be processed. The forms and payments can be dropped off at the Parks and Recreation Department office, located at the Community Center, 913 Willow Street, Southampton, PA 18966.

*\*Registration dates and fees subject to change. Please verify all information on our website at [www.ustwprec.com](http://www.ustwprec.com) or call the office at 215-355-9781*

## SPORTS PROGRAMS

### Girl's Fastpitch Softball

President: Jeff Milano  
*915Milano@gmail.com*  
**AGES:** 6U (T-BALL) through 18U leagues.  
**REGISTRATION:** January to March  
**WEBSITE:** [www.Southamptongirlsoftball.org](http://www.Southamptongirlsoftball.org)

### Baseball

President: Scott Torok  
*215-990-3014, centbaseball@gmail.com*  
**AGES:** 4-19  
**WEBSITE:** [www.centennialbaseball.net](http://www.centennialbaseball.net)  
**LOCATION:** Community Center

### Cheerleading

President: Laura Martin  
*southamptonknightscheerleading@aol.com*  
**AGES:** 3-14 Sideline & Competition Cheer  
**REGISTRATION:** Email [southamptonknightscheerleading@aol.com](mailto:southamptonknightscheerleading@aol.com) or check website  
**WEBSITE:** [www.southamptonknightscheerleading.com](http://www.southamptonknightscheerleading.com)

### Soccer

President: Mike Rich  
*southamptonsoccer@comcast.net*  
**AGES:** 4-18 Boys & Girls  
**REGISTRATION:** Open Now  
 \*Online Only- see website for details  
**WEBSITE:** [www.southamptonsoccer.org](http://www.southamptonsoccer.org)

### Football

President: Sue Dutka  
*sdutkasouthamptonknights@gmail.com*  
**AGES:** 4-6 (Fall Flag Football)  
 6-15 (Tackle Football)  
 4-17 (Spring NFL Flag Football)  
**REGISTRATION:** Tackle: March - July  
 Spring Flag: November - February  
**WEBSITE:** [www.southamptonknights.com](http://www.southamptonknights.com)  
**SOCIAL MEDIA:** Facebook @SouthamptonKnightsFootball,  
 Instagram @Southampton\_Knights

### Basketball

President: Bob Lynch  
*southamptonbasketball@gmail.com*  
**AGES:** K-8th Grade (Boys & Girls) – program dependent  
**REGISTRATION:** September/October for Winter Travel  
 October/November/December for Winter Intramural/"In House"  
 April/May for Summer League  
 See website for more information  
**WEBSITE:** [www.uppersouthbasketball.com](http://www.uppersouthbasketball.com)  
**LOCATION:** Community Center



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With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

### SAFETY TIPS

- » PURCHASE a microwave oven that is listed by a qualified testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.
- » PLUG the microwave oven directly into the wall outlet — never use an extension cord.
- » MAKE sure the microwave oven is at a safe height, within easy reach of all users.
- » OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.
- » FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.
- » NEVER heat a baby bottle in the microwave. Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm — not hot or boiling — water, or by running it under the tap.



### MICROWAVE USE

Always **supervise** children when they are using a microwave oven.

Use only **microwave-safe** food containers or dishes. Never use aluminum foil or metal in a microwave oven.

If you have a **fire** in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

### FACT

Scald burns are the leading cause of injury from microwave ovens.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

# When It Rains, It Drains

Understanding Storm Water  
and How It can Affect  
Your Money, Safety, Health,  
and the Environment



## Where to Go to Continue the Information Flow

Your community is preventing storm water pollution through a storm water management program. This program addresses storm water pollution from construction, new development, illegal dumping to the storm sewer system, and pollution prevention and good housekeeping practices in municipal operations. It will also continue to educate the community and get everyone involved in making sure the only thing that storm water contributes to our water is....water! Contact your community's storm water management program coordinator or the Pennsylvania Department of Environmental Protection for more information about storm water management.

## What is Storm Water?

Storm water is water from precipitation that flows across the ground and pavement when it rains or when snow and ice melt. The water seeps into the ground or drains into what we call storm sewers. These are the drains you see at street corners or at low points on the sides of streets. Collectively, the draining water is called storm water runoff.

## Why is Storm Water "Good Rain Gone Wrong?"

Storm water becomes a problem when it picks up debris, chemicals, dirt, and other pollutants as it flows or when it causes flooding and erosion of stream banks. Storm water travels through a system of pipes and roadside ditches that make up storm sewer systems. It eventually flows directly to a lake, river, stream, wetland or coastal water. All of the pollutants storm water carries along the way empty into our waters, too, because storm water does not get treated!



*Pet wastes left on the ground get carried away by storm water, contributing harmful bacteria, parasites and viruses to our water.*

*Vehicles drip fluids (oil, grease, gasoline, antifreeze, brake fluids, etc.) onto paved areas where storm water runoff carries them through our storm drains and into our water.*



*Chemicals used to grow and maintain beautiful lawns and gardens, if not used properly, can run off into the storm drains when it rains or when we water our lawns and gardens.*

*Waste from chemicals and materials used in construction can wash into the storm sewer system when it rains. Soil that erodes from construction sites causes environmental degradation, including harming fish and shellfish populations that are important for recreation and our economy.*





10  
Tips

## Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season.

Check these 10 tips off your list and get ahead of the winter freeze.

- Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote build-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** *(not an extension cord)* and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)*
- We have **tested our smoke alarms** and made sure they are working. *(You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
- We have **tested our carbon monoxide alarms** and made sure they are working. *(Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)*



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education](http://www.nfpa.org/education)



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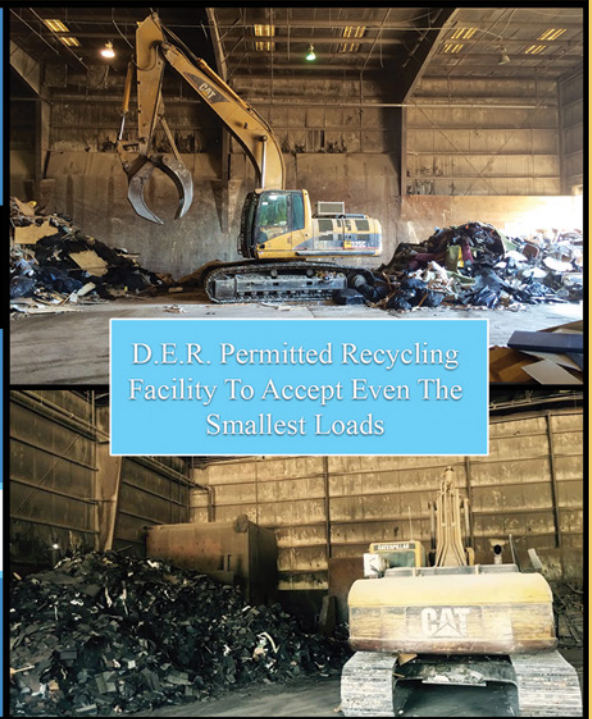
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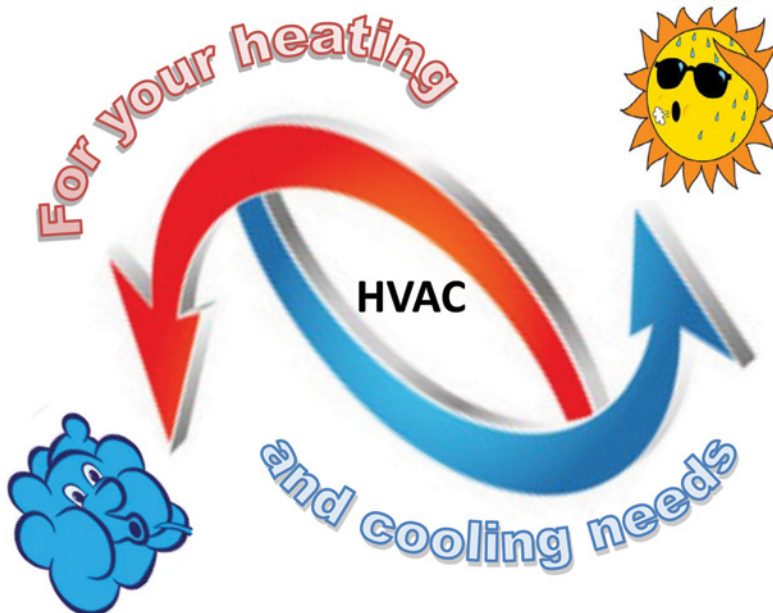
Fall 2023

**hometownpress**

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